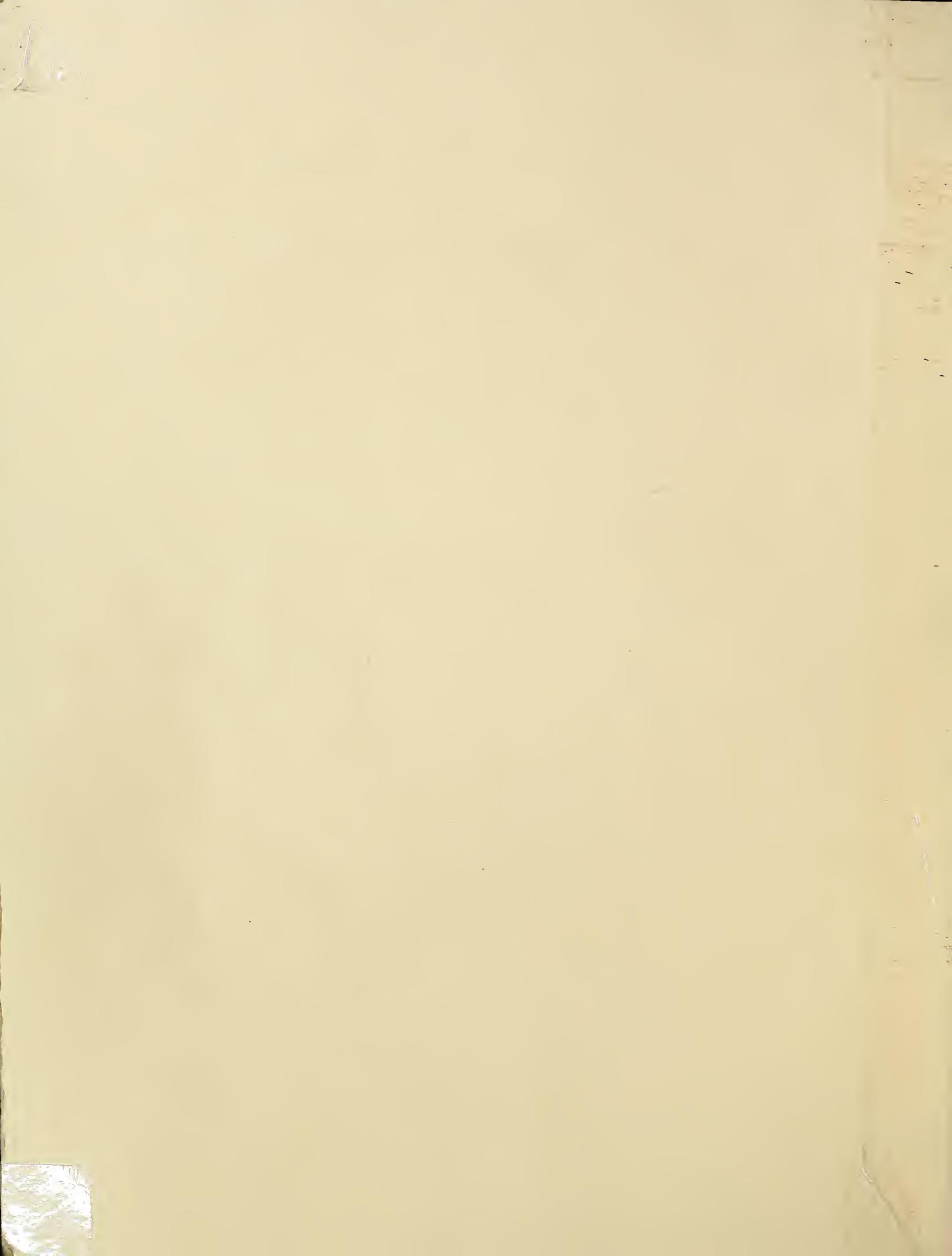


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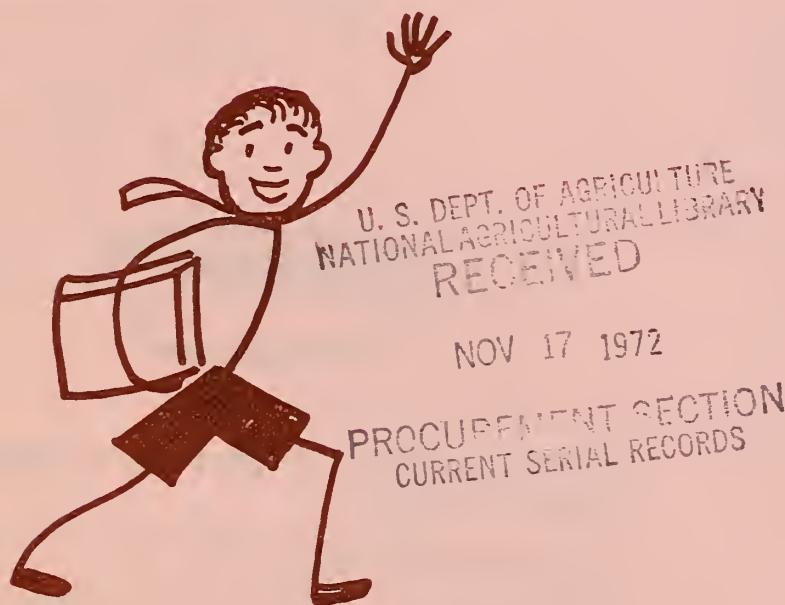
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# PEANUT BUTTER

a good choice for the thrifty family

Peanut Butter is  
Ready to eat  
Easy to use



High in energy  
Helps build muscle  
and blood

Try — •Peanut butter on toast for breakfast  
•Celery stuffed with peanut butter  
•Sandwiches of peanut butter and  
sliced bananas or sliced apple  
or cut up carrots or raisins

FNS-27 (Formerly C&MS-37)

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

## CREAM OF PEANUT BUTTER SOUP

¼ stalk celery  
 ½ small onion  
 1 tablespoon fat (margarine or butter)  
 1 tablespoon flour  
 ¾ cup peanut butter  
 1 cup fluid milk  
 2 cups chicken broth (see Note)  
 ¼ teaspoon worcestershire sauce, if you like  
 Salt and pepper, as you like

Finely chop celery and onion.

Melt fat in large saucepan. Add celery and onion. Cook and stir until tender.

Mix in flour and peanut butter.

Add milk slowly, stirring until smooth. Add rest of ingredients.

Bring to boiling, lower heat, stirring as needed to keep from sticking. Cook and stir 1 minute longer.

*Makes 6 servings, ⅔ cup each.*

Note: 2 chicken bouillon cubes and 2 cups water may be used in place of chicken broth.



## PEANUT BUTTER MEATBALLS

1 small onion  
 1 egg  
 ½ cup peanut butter  
 1 pound ground beef  
 1 teaspoon salt  
 2 cups tomato sauce  
 ½ cup water

Chop onion.

Beat egg in large bowl. Add onion, peanut butter, ground beef, and salt. Mix well. Shape into 18 meatballs.

Brown the meatballs in a heated fry pan. Drain off fat.

Add tomato sauce and water. Cover and boil gently 30 to 40 minutes.

*Makes 6 servings, 3 meatballs each.*

## PEANUT BUTTER BREAD

1 ¾ cups flour  
 1 tablespoon baking powder  
 1 teaspoon salt  
 ½ cup sugar  
 1 cup peanut butter  
 2 eggs  
 1 ¼ cups fluid milk

Mix flour, baking powder, salt, and sugar in a large bowl.

Mix in peanut butter with a fork until crumbly. Set aside.

Beat eggs slightly and add milk.

Add milk mixture to flour mixture. Stir just enough to mix. Fill a greased loaf pan half full.

Bake at 350° F (moderate oven) about 1 hour.

## GRILLED PEANUT BUTTER-CHEESE SANDWICHES

¾ cup peanut butter  
 12 slices bread  
 6 thin slices cheese  
 Margarine or butter for browning

Spread peanut butter on 6 slices of bread.

Top each one with a slice of cheese. Cover with another slice of bread.

Spread a little margarine or butter in heated fry pan. Put sandwiches in the pan.

Cook over low heat until cheese melts and sandwiches are browned on one side.

Turn sandwiches putting a little more margarine or butter under each. Brown other side.

*Makes 6 sandwiches.*

## FRENCH TOASTED PEANUT BUTTER SANDWICHES

$\frac{3}{4}$  cup peanut butter

12 slices bread

3 eggs

$\frac{3}{4}$  cup fluid milk

$\frac{1}{2}$  teaspoon salt

Margarine or butter for browning

Spread peanut butter on 6 slices of bread. Put other 6 slices of bread on top to make sandwiches.

Mix eggs, milk, and salt.

Dip sandwiches in egg mixture.

Spread a little margarine or butter in heated fry pan. Cook sandwiches in the pan over low heat until browned on one side.

Turn sandwiches, putting a little more margarine or butter under each. Brown other side.

*Makes 6 sandwiches.*



## PEANUT BUTTER-RAISIN SANDWICH SPREAD

$\frac{3}{4}$  cup raisins

1 cup peanut butter

Finely chop raisins.

Mix peanut butter and raisins.

*Makes 1 $\frac{1}{4}$  cups sandwich spread.*

## PEANUT BUTTER PUDDING

2 tablespoons cornstarch

$\frac{1}{4}$  cup sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup peanut butter

1 egg

2 cups fluid milk

1 teaspoon vanilla

Mix cornstarch, sugar, and salt in a pan. Add peanut butter and mix until crumbly.

Beat egg. Put egg and milk in the pan.

Cook and stir over medium heat until mixture thickens. Cook and stir 1 minute longer.

Stir in vanilla. Chill before serving.

*Makes 6 servings,  $\frac{1}{3}$  cup each.*

## PEANUT BUTTER CAKE

2 cups flour

2 teaspoons baking powder

$\frac{1}{2}$  teaspoon baking soda

1 teaspoon salt

$\frac{1}{2}$  cup peanut butter

$\frac{1}{4}$  cup fat

1  $\frac{1}{2}$  cups brown sugar, packed

2 eggs

$\frac{2}{3}$  cup fluid milk

1 teaspoon vanilla, if you like

Vanilla Cream Frosting (recipe follows)

Mix flour, baking powder, baking soda, and salt. Set aside.

Mix peanut butter, fat, and sugar in a large bowl until smooth.

Add eggs and beat well.

Add half of the flour mixture and half of the milk. Beat 200 times.

Add rest of flour mixture and milk. Mix until smooth. Add vanilla (if used).

Fill a greased baking pan half full.

Bake at 350° F (moderate oven) about 30 minutes until cake springs back when lightly touched near center.

Frost with Vanilla Cream Frosting, if you like.

## VANILLA CREAM FROSTING

$\frac{1}{4}$  cup fat (margarine or butter)

2 cups confectioners sugar

About 2 tablespoons fluid milk

1 teaspoon vanilla

Mix all ingredients, using 1 tablespoon of the milk.

Mix in rest of milk, if needed, to make frosting that will spread easily but not run off cake.

*Makes 1 $\frac{1}{2}$  cups frosting.*

## PEANUT BUTTER CHEWS

1 cup peanut butter  
1 cup light corn syrup  
1 cup nonfat dry milk (not instant) or 2 cups instant nonfat dry milk  
1 cup confectioners sugar

Mix all ingredients together.  
Press  $\frac{1}{2}$ -inch thick in a pan. Cut in pieces.  
Chill before serving.  
*Makes 24 pieces.*



## PEANUT BUTTER PIE

2 eggs  
1 cup light corn syrup  
1 cup sugar  
 $\frac{1}{2}$  cup peanut butter  
1 teaspoon vanilla  
Unbaked 8-inch single pie crust

Beat eggs. Mix in corn syrup, sugar, peanut butter, and vanilla. Pour into unbaked pie crust.

Bake at  $350^{\circ}$  F (moderate oven) 45 to 50 minutes until top is browned and crisp. Cool before serving.

## PEANUT BUTTER COOKIES

2  $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon baking soda  
1 cup fat (margarine, butter, or shortening)  
1 cup peanut butter  
1 cup white sugar  
1 cup brown sugar, packed  
2 eggs

Mix flour, salt, and baking soda. Set aside.  
Mix fat and peanut butter. Add both kinds of sugar. Mix well. Add eggs and beat well.  
Stir flour mixture into peanut butter mixture.  
Drop dough from a teaspoon on baking pan. Flatten with a fork.  
Bake at  $375^{\circ}$  F (moderate oven) 10 to 15 minutes until lightly browned.  
*Makes 4 to 5 dozen cookies.*

